

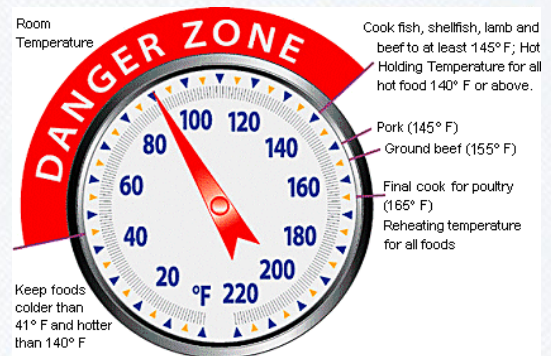
# Fact Sheet on Time and Temperature

## Guam Food CODE Five Food Safety Interventions

Potentially Hazardous Food/Time and Temperature Control for Safety Food (TCS) is any food or food ingredient (natural or synthetic) that has the possibility to cause foodborne illness. This can happen when the food was not kept in proper hot or cold temperature, improperly handled and not cooked or not adequately cooked.

TCS, because of their characteristics, encourage the rapid growth of microorganisms. These types of food are often moist, high in protein, have potential for contamination due to the method of processing, are of neutral acidity, and have a history of being involved in foodborne illness outbreaks. They include eggs, meat, chicken, fish, cooked rice, tofu, and milk products.

TCS must be kept either properly refrigerated or heated to prevent the rapid growth of harmful bacteria that may be found on them. Potentially hazardous foods should be ideally kept at 41°F or below, such as in a refrigerator or freezer, or above 140°F, like in warmers or a heating device.



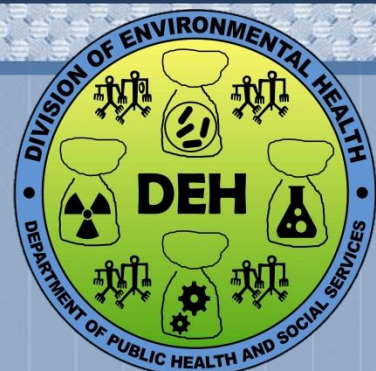
**Heat foods to the proper temperature**

**Move foods quickly through  
"THE DANGER ZONE!"**

The danger zone is the temperature range where germs can grow most quickly and easily. Get foods through the danger zone as quickly as possible by cooking, cooling, or reheating in the right way.

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Potentially Hazardous Food/Time and Temperature Control for Safety Food (TCS) requiring refrigeration after preparation shall be rapidly cooled to an internal temperature of 41°F or below.

- TCS of large volume or prepared in large quantities shall be rapidly cooled using methods like shallow pans, or water circulation external to the food container so that the cooling period does not exceed four (4) hours.
- TCS to be transported should be pre-chilled and held at temperature of 41°F or below.
- The internal temperature of TCS requiring hot storage should be 140°F or above and TCS requiring cold storage should be 41°F or below during display.
- Enough hot or cold food facilities should be available to maintain that the required temperature of TCS.
- TCS being processed within the retail food establishment and that require cooking should be cooked to heat all parts of the food to a temperature of at least 140°F.

### **Cool and heat (and reheat) foods properly:**

Not cooling food the right way is the biggest cause of foodborne illness. Germs grow quickly, and/or toxins can form. Reheating to the proper temperature before serving again is very important, too. Follow these food safety ways:

- If food has been sitting at room temperature (in the "danger zone") for up to 2 hours, refrigerate it or reheat it. After food has been sitting out for 2 to 4 hours, throw it out. Potentially hazardous foods (like cut melons, meats, dairy, fish, etc.) should never be eaten if they have been sitting out for more than 4 hours.
- To cool them safely, large pieces of meat or poultry need to be cut into pieces 4 inches or less.
- Pour thick foods like pea soup, beans, & chili into shallow pans no more than 2 inches deep to cool them. The shallow pans help them to cool quickly.
- Do not cover hot food until it has cooled to 41° F or below.
- Reheating the food needs to be done as quickly as possible (within 1 hour) so it doesn't stay too long in the "danger zone."
- Reheat foods to 165° F or above; use a meat thermometer to check the temperature.

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